

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

DO NOT LIST

Often we may spend a great deal of our time and energy on activities that deplete and drain us... Do you do things to please others? To avoid conflict? Because you have too? Does this sound familiar? Take a moment and answer these questions...

Do you do things because

- * You think you ought too and should?
- * Feel guilty?
- * Are unable to say no?
- * Believe that no one can do it better
- * Accept someone else's emergency as your own?
- * Always have done so?

Consider whether or not these activities are adding to and contributing to your emotional health and well-being... Do they give you value and strength? Take stock of how often you are engaging in these activities... Ask yourself is it really worth it... If not, then perhaps you may want to add them to your Do Not List... This list may help you during the holiday season! Perhaps even as a New Year's Resolution!

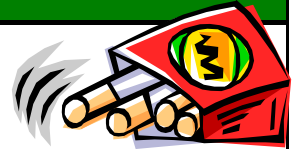


"Only when we are no longer afraid do we begin to live in every experience, painful or joyous, to live in gratitude for every moment, to live abundantly."

- Dorothy Thompson

State-Specific Prevalence of Current Cigarette Smoking Among Adults, and Policies and Attitudes About Secondhand Smoke United States, 2000

Tobacco use, particularly cigarette smoking, is the leading preventable cause of death in the United States, but the health consequences extend beyond smokers to nonsmokers involuntarily exposed to environmental tobacco smoke or secondhand smoke (SHS) (1). Each year, an estimated 3,000 lung cancer deaths and 62,000 deaths from coronary heart disease in adult nonsmokers are attributed to SHS (2). Among children, SHS causes sudden infant death syndrome, low birth weight, chronic middle ear infections, and respiratory illnesses (e.g., asthma, bronchitis, and pneumonia) (2). For more on this article please visit: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5049a1>.



NEW

Behavioral Health at Navy Personnel Command has developed new programs of interest! There is a web based program for suicide prevention training and also a section on Coping with Traumatic Events! See the website at <http://www.bupers.navy.mil/pers601/index.htm>

Transformation

Presidential biographer Bill Minutaglio has written a new book about President Bush- *First Son: George W. Bush & The Bush Family Dynasty*. He identified three principles that helped to change his life. They are- training the body, inspiring the brain, and feeding the soul. How often are you encouraging others to exercise, modeling yourself after heroes, and taking daily time to distress, relax and meditate? Now we have another successful wellness story to share!



Happy Holidays